

WOMAN'S NERVES MADE STRONG

By Lydia E. Pinkham's Vegetable Compound.

Winona, Minn.—"I suffered for more than a year from nervousness, and was so bad I could not rest at night—I would lie awake and get so nervous I would have to get up and walk around and in the morning would be all tired out. I read about Lydia E. Pinkham's Vegetable Compound and thought I would try it. My nervousness soon left me. I sleep well and feel fine in the morning and able to do my work. I gladly recommend Lydia E. Pinkham's Vegetable Compound to make weak nerves strong."—Mrs. ALBERT SULTZ, 603 Olmstead St., Winona, Minn.



How often do we hear the expression among women, "I am so nervous, I cannot sleep," or "it seems as though I should fly." Such women should profit by Mrs. Sultz's experience and give this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial.

For forty years it has been overcoming such serious conditions as displacements, inflammation, ulceration, irregularities, periodic pains, backache, dizziness, and nervous prostration of women, and is now considered the standard remedy for such ailments.

Pays Cat a Salary.

Tim, authorized municipal cat on the city of Newton, Mass., pay roll, probably is the only cat in the country with such a distinction. His salary is \$29.20 a year, and no public official ever fulfilled his office duties more efficiently. His title on the books is "official rat and mouse catcher." A special appropriation of eight cents a day is made for his services.

"Cold In the Head"

Is an acute attack of Nasal Catarrh. Persons who are subject to frequent "colds in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the system, cleanse the blood and render them less liable to colds. Repeated attacks of Acute Catarrh may lead to Chronic Catarrh. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system. Internally 75c. Testimonials free. \$10.00 for any case of catarrh that HALL'S CATARRH MEDICINE will not cure.

F. J. Cheney & Co., Toledo, Ohio.

Quite So.

"Nell found she would have to take her new dress to pieces."

"I bet she was ripping mad."

We need greater virtues to sustain good than evil fortune.—Maxim, 25.

Children Who Are Sickly

Mothers who value the health of their children, should never be without MOTHER GRAY'S SWEET POWDERS FOR CHILDREN, for use when needed. They tend to break up colds, relieve feverishness, constipation, worms, any substitute, headache, teething disorders and stomach troubles. Used by Mothers for 31 years. Sold by Druggists everywhere. Ask to-day. Trial package FREE. Address, MOTHER GRAY CO., Le Roy, N. Y.

Don't accept any substitute, Headache, Teething disorders and stomach troubles. Used by Mothers for 31 years. Sold by Druggists everywhere. Ask to-day. Trial package FREE. Address, MOTHER GRAY CO., Le Roy, N. Y.

When you know

you have a heart, it is time to watch your stomach. Palpitation and other signs of "heart trouble" usually mean—indigestion, produced by food poisons that irritate every part of the body—heart included.

BEECHAM'S PILLS

Relieve and Benefit

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 10c., 25c.

Why Bald So Young Rub Dandruff and Itching with CUTICURA Ointment Shampoo With Cuticura Soap

Baby Colds Require treatment with a remedy that cures colds, cures coughs, cures croup, cures whooping cough, cures all the colds of the season. Ask your druggist for PISO'S

PISO'S

JAPAN MAPS OUT BIG WAR PROGRAM

Budget Provides More Than \$150,000,000 for the Navy.

FOREIGN TRADE IS BOOMING

Country Shrewdly Casting an Eye on Future Possibilities After War Is Over and Expects Great Benefit.

(From the Committee on Public Information, Washington, D. C.)

By PATRICK GALLAGHER. The last Japanese budget carried, among other naval items, more than \$150,000,000 for construction. Of this amount about \$125,000,000 is being spent on new ships, over \$21,000,000 in improvements modifying the previous program, and more than \$4,000,000 in meeting increased cost of materials.

"The new warships," says Yekichi Hidaka, a member of the diet, "will include two battle cruisers and a number of light cruisers, destroyers, submarines, and special-service ships. These are to be added to the eight battleships and four battle cruisers previously authorized. By the year 1925, when the new plan is carried out, Japan will possess 14 big battleships. But since by that time one battleship and two cruisers will be beyond the allowable age limit, that would leave only 11 units in the first line of battle. This lack will be remedied by the introduction of a further naval program, in 1921, by which two other first line battleships will be constructed and the principle of the eight-eight squadron be maintained. It is clear from a study of the government's naval plans that the idea underlying the program is not to build big ships so much as to provide the navy with an ample supply of ships for quick action, according to the lessons afforded in the present war.

Training Experts. "But, while it is the plan of the authorities to devote chief attention to the construction of minor craft for attack and surprise, the program in regard to the eight-eight principle will not be neglected but will be hurried forward as fast as supply of material will permit. One of the most important duties demanding the attention of Japan is the training of experts in technical ability for the construction of warships, both great and small. For this reason expert workers have been sent abroad to assist in the vast construction work now going on in the allied countries."

The eight-eight principle is the program of eight large battleships and eight battle cruisers to each squadron of the line. Mr. Hidaka explains that it is generally understood that the Japanese government has in mind, and probably in action, "a plan much larger than that, but expediency requires reticence as to its nature."

The army items in the budget include about \$28,000,000 for completion of equipment, spread over six years from 1918. An extra amount of about \$6,500,000 was tacked on for equipment already contracted for and being supplied. These figures may seem very small when compared with our own and European military appropriations; but there are two yen to every American dollar, and the Japanese war office knows how to make a yen go a very long way. The actual reorganization of the army is proceeding at a lively gait. Special attention is being paid to aviation.

Feats in Japanese Shipbuilding. From the throne to the laborer's hut one word is on the lips of every Japanese—"ships." Japan is building ships, and more ships.

In 1853 and 1854, Japan did not possess a single seagoing ship. She had scrapped a great mercantile marine and outlawed a huge Asiatic trade in the early part of the seventeenth century when she sealed up her shores against contact with western trouble-makers. For some time after the Perry and Townsend Harris treaties, Japan had her hands full of domestic problems. She had no time, spare labor, nor money to devote to the building or purchase of ships. She was content to get along as best she could, and in the wars of 1854 and 1854, she realized her handicap as an insular nation with not enough ships.

Archibald Hurd and others paid tribute to the speed with which she set about correcting the deficiency. The Risen Sun became a great factor, not merely in the Pacific trade, but in around-the-world trade. T. Funada, an expert on ships, commenting upon the development of great new dock-yards north and south of Sasebo and Kobe and the establishment of the powerful Asano Shipbuilding company on the Pacific side of Nippon, says, "these mark a new stage in the progress of shipbuilding in Japan, pointing to the day when Japan will be the second shipbuilding country in the world."

Last year more than 450 ships were launched, representing a tonnage of 450,000. In 1914 the total tonnage was but 126,000; in 1916, 200,000. It is certain that the 1918 figures will show a phenomenal rise. Already 121 docks are working night and day, each dock with ships, etc., for vessels of over 1,000 tons. The latest estimate of launching capacity placed the total above 600,000; but it is an open secret that the actual output will be far

above this, owing to the recent reciprocal arrangements made with our government. The 514,000 tons of shipping that Japan is supplying to us for war needs includes the following steamers: The Ceylon Maru (6,440 tons), Tottori Maru (9,660 tons), Kirin Maru (5,500 tons), Tosa Maru (7,900 tons), Penang Maru (8,200 tons), Jinsen Maru (5,500 tons), Rangoon Maru (8,100 tons), and two other ships of the Nippon Yusen Kaisha fleet; the Indo Maru (7,900 tons), the Java Maru (7,900 tons), the Malay Maru (7,100 tons), from the Osaka Shosen Kaisha line; the Selyo Maru (10,300 tons), and the Persia Maru (4,750 tons), from the Toyo Kisen Kaisha; the Miyaji Maru (4,300 tons), and the Kenzan Maru (6,170 tons), from the Mitsui Bussan Kaisha; the Komakata Maru (4,320 tons), and Odaru Maru (4,000 tons), from the Yamashita Steamship company; and four other ships under 5,000 tons.

About 130,000 tons of shipping now on the stocks will be delivered by Japanese shipbuilders before the end of December on a basis of one ton of shipping for one ton of American steel; and, in addition to this, the Japanese are constructing for us 234,000 tons of shipping for delivery in the United States during next year on a basis of one ton of steel for two tons of constructed shipping. Sixty-six ships supplied by Japan will help to make the world safe for democracy.

Commercial Aims of Japan. The war thoughts of Japan are not confined to the present. They have a shrewd eye upon future possibilities after the war is over. The total gold holdings of Japan stood at 1,050,000,000 yen (\$527,500,000) at the end of February, according to the statement of the imperial finance department. The last meeting of the Yokohama Specie bank (March 9) reported net profits of 50,000,000 yen (\$25,000,000) for the previous half year. Japan's foreign trade is booming.

"The commerce and industry of Japan have witnessed remarkable progress in recent years," says Dr. Minoru Oka, chief of the imperial bureau of commerce and industry; "foreign trade has especially experienced unprecedented expansion. The most important question for Japan now is how to maintain and consolidate the position already attained, with special reference to the possibility of successfully competing with foreign countries after the war."

"The time has now arrived for organizing a combination or league of capitalists of commerce and industry in Japan, in order to present a united front in the approaching competition. Now is the time and the opportunity for every line of Japanese manufacture to lay the foundation of future progress; and if they do not see that this is done by insisting upon insuring proper quality in output and satisfactory dealings with their customers, they will lose the markets now open to them, and all through their own fault. This is, in fact, a crucial period for Japanese commerce and industry. Its fate will now be decided, and the decision lies in the hands of our merchants and manufacturers. Once the opportunity is lost, it will never return."

STIRRED UP FRENCH VILLAGE Yank's Experiments With Long-Stopped Clock Caused Considerable Consternation for a Time.

The "Yanks" in France are maintaining the traditions of America all right, but they have upset at least one tradition "over there," according to a letter from a young sergeant at the front to the Washington Star.

He writes that after living in stables, brick factories and chicken houses they are now quartered for a short time in a beautiful and historic chateau. It is connected with stories of Napoleon and Joan of Arc, and Richard the Lionhearted was at one time held prisoner in its dungeon, which is below the river's bed and has but one entrance. The Yanks have had much pleasure in their new home and have acquainted themselves with many interesting bits of French history.

Over the entrance to the chateau is a large clock which tradition says was stopped by Napoleon and has not started since—until the other day, some curious Yank wanted to try it out, and put his fingers in it. The clock was connected with bells above the archway and when the timepiece was started the bells commenced to ring, as loud and clear as though they had been rung every day since Napoleon left the abode. With all his ingenuity the Yank could not silence them as quickly as he had set them thinking, and if a Yank can be embarrassed the bell ringer was when the curate and villagers gathered in the courtyard.

There were exclamations of surprise and wonderment from the crowd, but they seemed relieved to find a real flesh-and-blood American as bell ringer.

Operatic Experiment Failed. After nearly three years of effort to adapt successfully the French and Italian operas to the Japanese tongue, Signor Rossi has rung down the curtain at his theater in Tokyo. His net loss on the experiment is \$17,000. On the final night, "Traviata" was given with native singers, and was well attended. After the close of the performance creditors attached the scenery and wardrobe. Signor Rossi has been more than six years in Japan, and is personally popular. Deep regret is expressed by the public at his misfortune, because he has generously loaned his theater gratuitously for many charitable performances.—East and West News.

Of Charmeuse and Chiffon

An afternoon gown, which is destined to do duty as an evening gown as well, makes claim to this versatility because of its originality. It is a complete success in this dual role. To assure this success its designer decided upon navy blue charmeuse for its foundation, and fashion simply can't get too much of navy blue. There is something about this color that fits in with the times and it appears morning, noon and night in frocks for all the waking hours of fashionables.

With the charmeuse satin the creator of this gown of exceptional distinction chose to use navy blue chiffon stenciled in lilac and gray. The pattern suggests the virile designs which appear on the new importations of silks from Japan and China and possibly suggested the short coat that certainly radiates a far east flavor. The colors—gray and lilac—are very fine with the navy background and are redeemed from tanniness by the

bold pattern of the stenciled pattern. However apparent its oriental inspiration may be in the short straight coat, with its fastening to one side and its high collar with turnovers in gray, there is no trace of it in the skirt. This is long and rather narrow with a binding at the bottom instead of a hem. The overskirt of the stenciled chiffon is finished with a braided fringe which brings the dress up to the midline, since fringe is the preferred trimming in the new suits and dress. It harmonizes with the design and places this season's style stamp on it. The short coat, which somehow brings visions of small Chinese ladies of leisure into our busy occidental minds, is provided with a fashionable high collar with a turnover of gray satin. This costume is very unusual as well as beautiful; it will not be outlasted by any more formal evening dress—its wearer will have the assurance of being well enough dressed anywhere.

Christmas Brings in the Matched Set

Some of useful gifts that have always appealed to the sensible-minded, find themselves this year occupying the front rank among things desirable as Christmas presents. This is because the number of sensible-minded has been much increased by the war. Among the gifts for women which relatives and close friends exchange, there are the pretty matched sets of hat and bag, hat and scarf, scarf and muff or hat, scarf and muff to match each Christmas time brings in. Some of these are simple enough to be made at home, others require the work of the professional milliner in making the hat. Usually the neckpieces and muffs are easily managed, especially since the ready-made and ready-lined beds for muffs are carried by dry goods stores. The simplest turbans and hats are often successfully made at home. One of these simple sets, shown in the group above, offers few difficulties to the clever unprofessional who does her own sewing. It is the turban and ruff of velvet, trimmed with fur. The neckpiece is a ruff of velvet with a narrow upstanding frill. It is lined with satin and has a narrow band of fur sewed over the gathering. It fastens at the back into two snap fasteners. The turban frame is covered with a drapery of velvet. A coronet-shaped piece of fur is cut and lined with satin and then tacked on at the front of the shape. The hat, in the set of hat and bag to match, is more difficult to handle. It has a checker-board crown made with folds of silk and velvet ribbon woven

over and under to form the squares of contrasting color. The bag is cut from silk and plaited at the top, in box plaits. These are slashed underneath to allow the velvet ribbon to slip through, forming a checker-board pattern, matching the hat crown. A celluloid frame is used for mounting the bag and it is suspended by a strap of the silk, machine stitched in rows. The remaining set in three pieces, is an affair to place in the hands of a professional, unless the home dressmaker has sufficient talent. It is of a smooth, heavy cloth in that lovely color called African rose, which looks so well with heavier or other fur, or with Hudson seal. Covering the round crown of the hat is no easy matter, but the wide collar and soft muff are not so hard to manage. The shape of the hat is odd, with its upturned visor and the very long tassel is in keeping with its pronounced, unusual style. African rose is much like the henna shade—a very fascinating color which brings to mind some of the radiant colors of the nasturtium.

Hawk Feathers Are Smart. One smart effect decidedly of a tailored nature, is a little bunch of quills that have the feather flecked with a brighter color and all the quills held together by a feather band. Hawk feathers are used in the brilliant color combinations and many large quill effects are drawn through little circular pads of hackel.

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As soon as you eat a tablet of Pape's Diapiesin all the indigestion pain stops. Gases, acidity, heartburn, flatulence and dyspepsia vanish. Pape's Diapiesin tablets cost very little at drug stores. Adv.

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Your Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Marine Eye Remedy. No Stinging, Just Eye Comfort. At Your Druggists or by mail 60c per Bottle. For Book of the Eye free write Marine Eye Remedy Co., Chicago.

W. N. U., DETROIT, NO. 45-1918.

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HOW TO USE VICK'S VAPORUB IN TREATING SPANISH INFLUENZA

The Influenza Germs Attack the Lining of the Air Passages. When VapoRub Is Applied Over Throat and Chest, the Medicated Vapors Loosen the Phlegm, Open the Air Passages and Stimulate the Mucous Membrane to Throw Off the Germs.

In Addition, VapoRub is Absorbed Through and Stimulates the Skin, Attracting the Blood to the Surface and Thus Aids in Reducing the Congestion Within.

CALL A PHYSICIAN — GO TO BED — STAY QUIET — DON'T WORRY

There is No Occasion for Panic—Influenza itself has a Very Low Percentage of Fatalities. Not Over One Death Out of Every Four Hundred Cases According to the N. C. Board of Health. The Chief Danger Lies in Complications Arising, Attacking Principally Patients in a Run-Down Condition—Those Who Don't Go to Bed Soon Enough, or Those Who Get Up Too Early.

Spanish Influenza, which appeared in Spain in May, has all the appearance of grip or la grippe, which has swept over the world in numerous epidemics as far back as history runs. Hippocrates refers to an epidemic in 412 B. C. which is regarded by many to have been influenza. Every century has had its attacks. Beginning with 1831, this country has had five epidemics, the last in 1889-1890.

THE SYMPTOMS. Grippe, or influenza, as it is now called, usually begins with a chill, followed by aching, feverishness and sometimes nausea and dizziness, and a general feeling of weakness and depression. The temperature is from 100 to 104, and the fever usually lasts from three to five days. The germs attack the mucous membrane, or lining of the air passages—nose, throat and bronchial tubes; there is usually a hard cough, especially bad at night, and frequently all the appearances of a severe head cold.

THE TREATMENT. Go to bed at the first symptoms, not only for your own sake, but to avoid spreading the disease to others. Take a purgative, eat plenty of nourishing food, remain perfectly quiet and don't worry. Quinine, aspirin or Dover's Powder, etc., may be administered by the physician's directions to relieve the aching. But there is no cure or

specific for influenza—the disease must run its course. Nature herself will throw off the attack if only you keep up your strength. The chief danger lies in the complications which may arise. Influenza so weakens the bodily resistance that there is danger of pneumonia or bronchitis developing, and sometimes inflammation of the middle ear, or heart affection. For these reasons, it is very important that the patient remain in bed until his strength returns—at least four days or more, according to the severity of the attack.

EXTERNAL APPLICATIONS. In order to stimulate the lining of the air passages to throw off the grippe germs, to aid in loosening the phlegm and keeping the air passages open, thus making the breathing easier, Vick's VapoRub will be found effective. Hot wet towels should be applied over the throat, chest and back between the shoulder blades to open the pores. Then Vick's should be rubbed in over the parts until the skin is red, spread on thickly and cover with two thicknesses of hot flannel cloths. Leave the clothing loose around the neck, as the heat of the body liberates the ingredients in the form of vapors. These vapors, inhaled with each breath, carry the medication directly to the parts affected. At the same time, VapoRub is absorbed through and stimulates the skin attracting the blood to the surface and thus aids in relieving the congestion within.

HOW TO AVOID THE DISEASE. Evidence seems to prove that this is a germ disease, spread principally by human contact, chiefly through coughing, sneezing or spitting. So avoid persons having colds—which means avoiding crowds—common drinking cups, roller towels, etc. Keep up your bodily strength by plenty of exercise in the open air and good food.

KEEP FREE FROM COLDS. Above all keep free from colds, as colds irritate the lining of the air passages and render them much better breeding places for the germs. Use Vick's VapoRub at the very first sign of a cold. For a head cold, melt a little in a spoon and inhale the vapors, or better still, use VapoRub in a benzoin steam kettle. If this is not available, use the ordinary tea-kettle. Fill half-full of boiling water, put in half a teaspoon of VapoRub from time to time—keep the kettle just slowly boiling—inhale the steam and keep Vick's VapoRub can be had in three sizes—20c 40c \$1.25—at all druggists.

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